

# FAMILY PROGRAMMING SERIES



## DESCRIPTION

The Family Programming Series is a 5-part gender-responsive and trauma informed care curriculum for incarcerated women and men, which is grounded in evidenced based practices of: cognitive behavioral therapy; motivational interviewing; the transtheoretical model of behavior change; and interactive journaling. The program is designed to support participants in strengthening family relationships during incarceration and after release. The program consists of a Women’s Family Program Series and a Men’s Family Program Series designed to address the unique challenges faced by offenders and families during incarceration. Components include: changing family dynamics, building a healthy partnership, connecting with family, becoming a caregiver, and parenting skills in prison and beyond. The program also includes interactive activities with family members and interactive videos that can be utilized during visitation to promote health family relationships.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

## LOCATIONS

Available at all BOP institutions.

## NEEDS

Family/Parenting; Cognitions

## PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Family Programming Series** must be delivered by the Special Populations Program Coordinator, Social Worker, Reentry Affairs Coordinator, Unit Team or qualified volunteer.